

8848 Nepal

Kanchenjunga Trek



Trip Facts

Trip Duration: 26 Days

Difficulty Level: Challenging

Trip Area: Kanchenjunga Region

Maximum Altitude: 5143m/16,873.36ft-Lhonak

Best Season: Spring & Autumn

Meals: Full Board

Accommodation: Teahouses/Guesthouses/Lodges

Transportation: Flight/Jeep/Bus

Trip Start: Kathmandu/

Trip End: Kathmandu

Itinerary Highlights

- Majestic Mountain Views
- Dual Base Camps
- Rich Cultural Experience
- Diverse Flora and Fauna
- Pristine and Remote Landscapes
- Adventure and Personal Achievement
- Authentic Himalayan Trekking Experience
- Challenging High Passes
- Scenic Flights and Drives
- Acclimatization and Rest Days

Trip Overview

8848 Nepal

Kanchenjunga Trek

The Kanchenjunga Base Camp Trek is a mesmerizing adventure that takes trekkers into the remote and pristine regions of eastern Nepal, close to the border with India. This trek is named after Mount Kanchenjunga, the third highest mountain in the world, standing at 8,586 meters (28,169 feet). The journey to Kanchenjunga Base Camp is a challenging yet rewarding experience, offering a blend of stunning natural beauty, diverse cultures, and rich biodiversity. Unlike more popular trekking routes in Nepal, the Kanchenjunga trek is less frequented, providing a more serene and intimate encounter with the majestic Himalayas. Starting from Kathmandu, trekkers first fly to Bhadrapur and then drive to Taplejung, the starting point of the trek. The trail meanders through terraced fields, lush rhododendron forests, and picturesque villages, gradually ascending into alpine meadows and glacial landscapes. As trekkers progress, they encounter various ethnic communities, including the Limbu and Rai people, who offer a warm welcome and a glimpse into their traditional ways of life. The cultural aspect of the trek is as enriching as the natural scenery, with numerous opportunities to visit monasteries and local homes. One of the unique features of the Kanchenjunga trek is the dual base camps: the North Base Camp at Pangpema and the South Base Camp at Ramche. Reaching these base camps involves traversing high mountain passes, crossing suspension bridges over roaring rivers, and navigating through rugged terrains. The North Base Camp offers breathtaking views of the north face of Kanchenjunga, while the South Base Camp provides an up-close experience with the Yalung Glacier and the south face of the mountain. These vantage points offer unparalleled panoramic views of the surrounding peaks, including Janu (Kumbhakarna) and the Twins.

Acclimatization is crucial on this trek due to the high altitudes, and rest days are strategically included to help trekkers adjust. Ghunsa, a charming Tibetan-influenced village, serves as an ideal acclimatization spot. Here, trekkers can explore the local monasteries and immerse themselves in the tranquil ambiance of the village. The flora and fauna in the region are diverse and abundant, with chances to spot rare species such as the snow leopard, red panda, and various birds. The trek is not just about reaching the base camps; it's about the journey itself. The route back from the base camps offers a different perspective, with new trails and sights. The descent takes trekkers through lush valleys, dense forests, and along roaring rivers, gradually leading back to the lower altitudes. The trek concludes in Taplejung, followed by a drive to Bhadrapur and a flight back to Kathmandu.

In summary, the Kanchenjunga Base Camp Trek is a perfect blend of adventure, natural beauty, and cultural richness. It demands good physical fitness and prior trekking experience but rewards with spectacular landscapes and a profound sense of accomplishment. This trek offers a unique opportunity to explore one of the most beautiful and least explored regions of the Himalayas, making it a once-in-a-lifetime experience for avid trekkers.

Detail Itinerary

Day 01: Arrival in Kathmandu

Activities: Arrival in Kathmandu, transfer to hotel, rest, and preparation for the trek.

Altitude: 1,400 meters (4,593 feet)

8848 Nepal

Kanchenjunga Trek

Day 02: Kathmandu Sightseeing and Trek Preparation

Activities: Guided tour of Kathmandu's UNESCO World Heritage Sites (Swayambhunath, Pashupatinath, Boudhanath, and Kathmandu Durbar Square), trek briefing, and preparation.

Day 03: Fly from Kathmandu to Bhadrapur, Drive to Taplejung

Flight Duration: About 45 minutes

Drive Duration: About 8-9 hours

Altitude: 2,420 meters (7,940 feet)

Activities: Fly to Bhadrapur and drive to Taplejung. Overnight stay in Taplejung.

Day 04: Trek from Taplejung to Mitlung

Trek Duration: 5-6 hours

Altitude: 921 meters (3,022 feet)

Activities: Start the trek, passing through terraced fields and small villages.

Day 05: Mitlung to Chirwa

Trek Duration: 5-6 hours

Altitude: 1,270 meters (4,166 feet)

Activities: Trek along the Tamor River, through forests and villages.

Day 06: Chirwa to Sukathum

Trek Duration: 5-6 hours

Altitude: 1,576 meters (5,170 feet)

Activities: Trek through the beautiful landscape, crossing several rivers.

Day 07: Sukathum to Amjilosa

Trek Duration: 6-7 hours

Altitude: 2,308 meters (7,572 feet)

Activities: A challenging trek through dense forests and steep climbs.

Day 08: Amjilosa to Gyabla

Trek Duration: 5-6 hours

Altitude: 2,730 meters (8,957 feet)

Activities: Continue through the forested area and reach the village of Gyabla.

Day 09: Gyabla to Ghunsa

Trek Duration: 6-7 hours

Altitude: 3,595 meters (11,794 feet)

8848 Nepal

Kanchenjunga Trek

Activities: Trek through rhododendron forests and arrive at the Tibetan-influenced village of Ghunsa.

Day 10: Acclimatization Day in Ghunsa

Acclimatization day to adapt to the high altitude. Short hikes around Ghunsa and exploration of the village.

Day 11: Ghunsa to Kambachen

Trek Duration: 5-6 hours

Altitude: 4,050 meters (13,287 feet)

Activities: Trek through beautiful landscapes with views of mountains and glaciers.

Day 12: Kambachen to Lhonak

Trek Duration: 6-7 hours

Altitude: 4,780 meters (15,682 feet)

Activities: Trek along the glacier and enjoy stunning views of the Himalayas.

Day 13: Lhonak to Pangpema (North Kanchenjunga Base Camp) and Return to Lhonak

Trek Duration: 7-8 hours

Altitude: 5,143 meters (16,873 feet) at Base Camp

Activities: Trek to North Kanchenjunga Base Camp, enjoy the panoramic views, and return to Lhonak.

Day 14: Lhonak to Ghunsa

Trek Duration: 6-7 hours

Activities: Retrace steps back to Ghunsa.

Day 15: Ghunsa to Sele La

Trek Duration: 6-7 hours

Altitude: 4,290 meters (14,075 feet)

Activities: Trek towards Sele La Pass, through dense forests and challenging trails.

Day 16: Sele La to Tseram via Sele La Pass

Trek Duration: 6-7 hours

Altitude: 3,870 meters (12,697 feet)

Activities: Cross the Sele La Pass and descend to Tseram.

Day 17: Tseram to Ramche

8848 Nepal

Kanchenjunga Trek

Trek Duration: 4-5 hours

Altitude: 4,580 meters (15,026 feet)

Activities: Trek to Ramche, a relatively shorter day.

Day 18: Ramche to Yalung Base Camp and Return to Ramche

Trek Duration: 7-8 hours

Altitude: 4,800 meters (15,748 feet)

Activities: Visit the Yalung Base Camp, enjoy the views, and return to Ramche.

Day 19: Ramche to Torongding

Trek Duration: 6-7 hours

Activities: Trek back towards lower altitudes, passing through Tseram and reaching Torongding.

Day 20: Torongding to Yamphudin

Trek Duration: 6-7 hours

Altitude: 2,080 meters (6,824 feet)

Activities: Continue trekking downhill to the village of Yamphudin.

Day 21: Yamphudin to Khebang

Trek Duration: 6-7 hours

Altitude: 1,910 meters (6,266 feet)

Activities: Trek through forests and villages to reach Khebang.

Day 22: Khebang to Happa Khola

Trek Duration: 6-7 hours

Altitude: 1,500 meters (4,921 feet)

Activities: Continue descending to Happa Khola.

Day 23: Happa Khola to Taplejung

Trek Duration: 5-6 hours

Activities: Complete the trek back to Taplejung.

Day 24: Drive from Taplejung to Bhadrapur

Drive Duration: About 8-9 hours

Activities: Drive back to Bhadrapur. Overnight stay in Bhadrapur.

Day 25: Fly from Bhadrapur to Kathmandu

8848 Nepal

Kanchenjunga Trek

Flight Duration: About 45 minutes

Activities: Fly back to Kathmandu. Free day for rest and exploring the city.

Day 26: Departure from Kathmandu

Transfer to the airport for your departure.

Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges and tented camps as per the nature of the trek
- Necessary trek permits, national parks, and restricted areas entrance fees
- Tent camps equipment, kitchen equipment for camping treks
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Airport taxes at the time of departure
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night's stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

Guidelines / Information

Permits and Regulations

Kanchenjunga Restricted Area Permit: Required for entry into the restricted area.

8848 Nepal

Kanchenjunga Trek

Kanchenjunga Conservation Area Project (KCAP) Permit: Necessary for trekking in the conservation area.

TIMS Card: Trekkers' Information Management System card, required for all trekkers in Nepal.

Best Time to Trek

Spring (March to May): Mild temperatures and blooming rhododendrons make this an ideal time.

Autumn (September to November): Clear skies and stable weather provide excellent views and trekking conditions.

Physical Fitness and Training

Fitness Level: Good physical condition is essential due to the trek's length and altitude.

Training: Engage in regular cardiovascular exercises, strength training, and hiking practice with a loaded backpack prior to the trek.

Packing List

Clothing: Layered clothing system (base layer, insulating layer, outer shell), warm jacket, trekking pants, thermal underwear, gloves, hats, and trekking socks.

Footwear: Sturdy trekking boots with good ankle support, comfortable trekking shoes for lower altitudes, and gaiters.

Gear: Backpack, daypack, sleeping bag (rated for -20°C), trekking poles, headlamp with extra batteries, sunglasses, and a water purification system.

Accessories: First aid kit, toiletries, sunscreen, lip balm, personal medications, and lightweight travel towel.

Documents: Passport, permits, travel insurance with emergency evacuation coverage, and a photocopy of important documents.

Health and Safety

Altitude Sickness: Acclimatize properly, ascend gradually, stay hydrated, and be aware of symptoms like headache, dizziness, and nausea. Diamox can be used as a preventive measure.

Vaccinations: Ensure vaccinations are up-to-date (Hepatitis A and B, Typhoid, Tetanus, Polio).

Water and Food: Drink purified or boiled water. Eat well-cooked meals, and carry high-energy snacks.

Emergency Preparedness

Emergency Contacts: Keep a list of emergency contacts, including your trekking agency, local embassy, and insurance provider.

Evacuation Plan: Familiarize yourself with the evacuation plan in case of serious illness or

8848 Nepal

Kanchenjunga Trek

injury.

Insurance

Travel Insurance: Comprehensive travel insurance is a must, covering high-altitude trekking and emergency evacuation.

Itinerary Flexibility

Weather and Conditions: Be prepared for possible changes in the itinerary due to weather conditions or other unforeseen circumstances. Flexibility is key.

Environmental Responsibility

Leave No Trace: Dispose of waste properly, avoid using single-use plastics, and minimize your environmental impact.

Support Local Economy: Buy locally produced goods and use local services.

Trekking Tips

Communication: Limited cell phone coverage; consider a satellite phone for emergencies.

Cash: Carry enough Nepalese rupees as ATMs are not available in remote areas.

Respect Local Culture: Be mindful of local customs and traditions. Ask for permission before taking photographs of people.

Accommodation and Food

Teahouses/Lodges/Tented Camps: Accommodation is basic with shared rooms and communal dining areas or in tents. Bring a sleeping bag for extra warmth.

Food: Simple, nutritious meals (dal bhat, noodles, soups, and vegetables). Carry some high-calorie snacks like nuts, energy bars, and dried fruits.